



Lesson Plan:



Body, Bucks, and Bites

Time Frame: 30 Minutes

By the end of this session, participants will be able to:

- Identify one, new low-fat way to prepare a favorite meat.
- Select a lower-fat meat based on label information.

Materials needed:

- Small collage of photographs of healthy bodies of all sizes and cultures, and both sexes (cut from magazines, real photos — do not use all movie stars and models).
- Large poster board with a dollar bill background and shopping list overlay in heavy black marker.
- Clear plastic containers with lids to display differences in 80% and 70% ground beef when fried.
- Labels from packages of lean/less lean meats.
- Pictures of meat patties or samples to show shrinkage of patties or roast when cooked, poster to show cuts of meats (from Beef or Pork Council).
- Examples of what to do if you do not have a broiling pan for your stove.
- Photocopies of the *Bake, Broil, and Boil* tip sheet.

Procedure:

- Use the collage and poster to introduce the session and illustrate main points — how watching fat helps to promote healthy bodies and how cooking meats differently can help reduce fat *and* save money. Mention that baking, broiling, and boiling can make meats easier for children to eat; therefore, they will be more apt to eat them.
- Remind the group that there is no recommendation for fat, but we all need some in our diet. Young children need fat in their diet for good growth, but as we get older we need to watch our weight (i.e., whole milk appropriate for one- to two-year-olds, skim milk appropriate for children over two and adults). Mention that one way to reduce the fat in our diet is to be aware of the fat content in the meat we buy.

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<http://www.dhss.mo.gov/mnn>

ACTIVITY: Show the amount of fat in a hamburger made from lean meat (at least 80% lean) and one that is less lean (70% lean or less). Point out the place on the label where these percentages are found. Discuss the amount of shrinkage and cost of meats.

- Introduce *Bake, Broil and Boil* tip sheet. Explain how changing the way you cook meats can help reduce fat — instead of frying, try baking, broiling, or boiling. Show clients the best cuts of meat for broiling and baking.

ACTIVITY: Show the difference between recipes for baked (similar to bake/fry mixes sold in stores) and fried chicken. Demonstrate how baking makes meat easier to eat, especially for young children. Explain that people can make use of tougher cuts of meat because baking has a tenderizing effect.

- Outline the basics for broiling. Use example of grilling outdoors: “Everyone knows where the fat goes — in the fire — and does not stay with the meat.” The principle is the same for indoor broiling — the fat goes into the pan, not the meat.
- Introduce the three important “B’s” — body, bucks, and bites — that we get from reducing fat in our diet through better meat preparation.
 - **Body** — our risk of heart disease, high blood pressure, and overweight/obesity is reduced.
 - **Bucks** — we reduce waste from the food we buy; we can make less expensive meats more tender when we opt to bake, broil, or boil them.
 - **Bites** — baking, broiling, or boiling can help make meats easier to eat and taste better to children or teens. Remember that choosing to watch the fat in your diet does not mean you can’t have fried chicken, but that you “choose” to eat it on occasion rather than fixing fried foods automatically.

Evaluation:

Participants will indicate a willingness to change one preparation method for a favorite food, be able to select a lower fat meat based on label information, and identify one food they currently fry that they will bake, broil, or boil.

